

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Minerals**

**Comment ID:** 000727

**Submission Date:** 10/28/2009

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** Erika

**Last Name:** Bono

**Job Title:** Dietetics student

**Key Topic:** Eating Patterns, Fats, Minerals, Other

**Sub Topic:** Fish oil, Omega 3 fatty acids, Sodium

**Attachment:** N

**Comment:** Dear Committee Members,

Overall I am pleased with many of the aspects of our current dietary guidelines for Americans. I would like to offer suggestions for the 2010 guideline update that I think will supplement current recommendations for healthy living.

First, I would emphasize and promote the consumption of omega-3 fatty acids. Although polyunsaturated fats in general are encouraged over their saturated counterparts, I think a specific spotlight on these extremely beneficial essential fatty acids would help Americans increase quantity and frequency of consuming foods rich in omega-3s.

Secondly, I think daily sodium recommendations should more accurately reflect the variety of experimental outcomes and observations. The majority of those who have successfully elicited a reduction in blood pressure by adhering to a reduced sodium diet have been shown to have a higher sodium sensitivity than the majority of the American population. Also, some recent research supports the ineffectiveness of reduced sodium intake on the prevention of cardiovascular disease and overall mortality.

In my opinion, a focus that may result in a greater benefit to the American public would be the incorporation of ideal meal size and frequency (5 to 6 smaller meals) into the guidelines in order to avoid large spikes in blood glucose, but rather maintain a consistent level throughout the day.

Lastly, I would like to see a list of nutritious, wholesome, and sustainable food choices that average Americans could access and afford in order to support our farmers and our planet, and to promote food security nationwide.

I appreciate your time and consideration.

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*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Minerals**

**Comment ID:** 000697

**Submission Date:** 10/26/2009

**Organization Type:** Educational Institution

**Organization Name:** Kansas State University

**First Name:** Ami

**Last Name:** Froese

**Job Title:** Student

**Key Topic:** Minerals

**Sub Topic:** Calcium

**Attachment:** Y

**Comment:** Comments are provided in the attachment.

**Comment ID:** 000718

**Submission Date:** 10/27/2009

**Organization Type:** Educational Institution

**Organization Name:** Kansas State University

**First Name:** Sarah

**Last Name:** Caldwell

**Job Title:** Student

**Key Topic:** Minerals

**Sub Topic:** Calcium

**Attachment:** Y

**Comment:** Please consider providing some of the following information about dietary calcium.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Minerals

**Comment ID:** 000519

**Submission Date:** 06/01/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Jennifer

**Last Name:** Shu, MD

**Job Title:** Pediatrician

**Key Topic:** Eating Patterns, Evidence-based Review Process, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

**Sub Topic:** B Vitamins, Iron, Magnesium, Meat, Beans, Eggs, Fish, and Nuts, Potassium, Zinc

**Attachment:** Y

**Comment:** As a pediatrician concerned about the health and well-being of children, I would like to share my thoughts regarding the role of animal protein products (meat, fish, eggs) in child health. There are not sufficient data to support a recommendation to replace animal protein with plant protein in the diet of children and adolescents. It is important for the DGAC to acknowledge that beef provides a unique mixture of highly bioavailable micronutrients, not readily available in plant-based diets, that support the cognitive development and function of children and adolescents. Caution should be taken to avoid the establishment of protein source recommendations that inappropriately restrict animal protein in the diets of children and adolescents.

**Comment ID:** 000641

**Submission Date:** 09/22/2009

**Organization Type:** Individual/Professional

**Organization Name:** UNC-Asheville

**First Name:** Michele

**Last Name:** Bodrie

**Job Title:** Student

**Key Topic:** Minerals

**Sub Topic:** Calcium

**Attachment:** Y

**Comment:** It is necessary to give recommendations that help to fit many types of diets, including both vegetarian and vegan diets. Studies have shown the benefits of taking on a vegetarian approach in preventing coronary atherosclerosis, which can lead to stroke, heart attack, and other negative consequences. It is important to eat as many fresh fruits, vegetables, and legumes as possible, as well as eating whole grains. Consumers need to be informed of hidden sodium in items and what alternatives are available to add flavoring instead of salt, such as fresh herbs and spices.

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Minerals**

**Comment ID:** 000682

**Submission Date:** 10/22/2009

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** David

**Last Name:** McCarron

**Job Title:** Adjunct Professor, UC Davis

**Key Topic:** Minerals

**Sub Topic:** Sodium

**Attachment:** Y

**Comment:** Colleagues:

On behalf of my co-authors I am submitting our paper entitled "Can Sodium Intake be Modified by Public Policy" which was published on-line Oct 15th by the American Society of Nephrology in CJASN as a "Special Article." The data analysis of 24 h UNaV we provided is based upon 62 survey sites in 33 countries involving 19,151 subjects (fig 3). All the 24 h UNaV data utilized has been in previously published papers in the peer review literature. all were funded by governmental agencies here and abroad. The question posed by this summary data analysis and prior neuroscience research is whether sodium intake is regulated by the brain like many other physiologically set parameters. That question is fundamental to the US Dietary Guideline process and to our knowledge has never before been considered. In addition the paper provides a complete analysis of UK/Ireland UNaV data the vast majority drawn from UK's FSA. That analysis (fig 2) does not support the claims made by the FSA in presentations to various committees in the USA recently.

We realize the issue we have raised eliminates health outcomes as the justification for the sodium recommendation if it is determined that this large and government funded body of data is correct. Instead the sodium guideline should reflect the physiologically set range that our data appears to describe . As we call for in the paper , the Committee should have a truly independent assessment of this issue and the data carried out before any further decisions are made regarding the sodium guideline. That review would, in our professional opinion, be best carried out outside of the current committee to avoid what are several clear conflicts of interest based upon publicly stated positions of several current Committee members.

In advance we wish to thank the Committee for their thoughtful consideration of our recent scientific paper.

Sincerely

David McCarron, MD, FACP

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Minerals

**Comment ID:** 000494

**Submission Date:** 05/08/2009

**Organization Type:** Industry Association

**Organization Name:** Salt Institute

**First Name:** Richard

**Last Name:** Hanneman

**Job Title:** President

**Key Topic:** Evidence-based Review Process, Fluid and Electrolytes, Minerals

**Sub Topic:** Potassium, Potassium, Sodium, Sodium

**Attachment:** Y

**Comment:** See attachment

**Comment ID:** 000681

**Submission Date:** 10/22/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** The Weston A. Price Foundation

**First Name:** Sally Fallon

**Last Name:** Morell

**Job Title:** President

**Key Topic:** Carbohydrates, Fats, Food Groups, Minerals, Vitamins

**Sub Topic:** B Vitamins, Calcium, Cholesterol, Meat, Beans, Eggs, Fish, and Nuts, Milk, Saturated fatty acids, Trans fatty acids, Vitamin A and Carotenoids, Vitamin D, Zinc

**Attachment:** Y

**Comment:** Current USDA dietary guidelines are on the flawed notion that cholesterol and saturated fat are unhealthy. They are unrealistic, unworkable, unscientific and impractical; they have resulted in widespread nutrient deficiencies and contributed to a proliferation of obesity and degenerative disease, including problems with growth, behavior and learning in children. The US government is promoting a lowfat, plant-based diet that ignores the vital role animal protein and fats have played in human nutrition throughout the ages.

The Weston A. Price Foundation strongly urges the USDA Dietary Guidelines committee to scrap the food pyramid and replace it with the following Healthy 4 Life guidelines, based on four groups of whole foods.

Every day, eat high quality, whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

1. Animal foods: meat and organ meats, poultry, and eggs from pastured animals; fish and shellfish; whole raw cheese, milk and other dairy products from pastured animals; and broth made from animal bones.

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**Key Topic: Minerals**

2. Grains, legumes and nuts: whole-grain baked goods, breakfast porridges, whole grain rice; beans and lentils; peanuts, cashews and nuts, properly prepared to improve digestibility.

3. Fruits and Vegetables: preferably fresh or frozen, preferably locally grown, either raw, cooked or in soups and stews, and also as lacto-fermented condiments.

4. Fats and Oils: unrefined saturated and monounsaturated fats including butter, lard, tallow and other animal fats; palm oil and coconut oil; olive oil; cod liver oil for vitamins A and D.

Avoid: foods containing refined sweeteners such as candies, sodas, cookies, cakes etc.; white flour products such as pasta and white bread; processed foods; modern soy foods; polyunsaturated and partially hydrogenated vegetable oils and fried foods.

**Comment ID:** 000741

**Submission Date:** 10/28/2009

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** National Dairy Council

**First Name:** Gregory

**Last Name:** Miller

**Job Title:** Executive Vice President, Research, Regulatory and Scientific Affairs

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

**Sub Topic:** B Vitamins, Calcium, DASH, Magnesium, Milk, MyPyramid, Potassium, Saturated fatty acids, Vitamin A and Carotenoids, Vitamin D, Weight maintenance

**Attachment:** Y

**Comment:** The National Dairy Council appreciates the opportunity to comment on these important issues in support of improving the health and well-being of all Americans. Please consider the attached science-based comments.

# Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Minerals

**Comment ID:** 000497

**Submission Date:** 05/20/2009

**Organization Type:** Other

**Organization Name:** Will

**First Name:** Aliaga

**Last Name:**

**Job Title:**

**Key Topic:** Carbohydrates, Eating Patterns, Fats, Minerals, Protein

**Sub Topic:**

**Attachment:** N

**Comment:** Is there any possible way you can research more on the advantages of a high protein diet. High protein with an addition of "good carbs" such as those from whole wheat products, oatmeal, and fruits can become an advantageous meal. Though I am not a profession or doctor or anything, I have researched nutrition for a bit.

I have read that protein is a chain of amino acids. And one of these amino acids (can not recall which) is a stimulant in the brain. So, the more of this amino acid the better one feels neurologically, and this changes a person's overall mood throughout the day. A high protein diet is not only good in helping people keep muscle on, but it also makes them feel good. Speaking of muscle, one loses more weight when they have more muscle, because muscle burns more calories than fat. So, in order to maintain weight or lose weight, one must exercise and eat a good amount of protein and try to avoid carbs before bed.

Also, please do not exclude fat from the pyramid. Fats are essential to the human body, but they must be fatty acids such as Omega-3 fat that comes from salmon and other fish products.

Additionally, can you please review the milk standards. When milk is pasteurized it burns the bad germs from it, but at the same time it burns some of the good bacteria, so would raw milk be a good suggestion?

Calcium is extremely important because bones do not stop growing (in density) until the age of around 30. So, please emphasize calcium, which can be digested through supplements.

Please emphasize that a person's diet is extremely important. In order to reach a goal (whether it be it weight, body sculpting, athletic goals, or overall well being) a person must exercise AND watch what they eat. Their diet is 90% of their goals.

Thank you,  
Will

# Comments Summary Report

*Submission Date Between 04/24/2009 and 10/28/2009*

**Key Topic: Minerals**

**Comment ID:** 000561

**Submission Date:** 07/28/2009

**Organization Type:** Other

**Organization Name:** Kellogg Company

**First Name:** Nelson G.

**Last Name:** Almeida, PhD., FACN

**Job Title:** VP Global Nutrition

**Key Topic:** Minerals

**Sub Topic:** Sodium

**Attachment:** Y

**Comment:** Kellogg Company has a long history of developing and marketing palatable, nutritious products designed to help consumers implement the Dietary Guidelines for Americans (DGAs). The potential of these guidelines to improve public health by influencing areas such as consumer education, public policy, labeling regulations and food product composition is unparalleled, and we commend the Committee for its diligent work to ensure that the 2010 DGAs are based on the best information available.

Kellogg Company recommends that the Committee retain the current DGA of 2,300 mg sodium per day. If the Committee insists on sending a more restrictive message to the American consumer we urge that a compromise value of 2,000 mg/d be adopted which would allow some (albeit limited) additional flexibility. To make this guideline more restrictive would jeopardize the integrity of the DGAs by imposing recommendations that would be unrealistic, impractical and incompatible with state-of-the-art food technology. We have provided scientific basis for the above recommendation in the attached comments. We appreciate the DGAC's consideration of these comments as they deliberate their recommendations for the 2010 Dietary Guidelines for Americans